



# Principles of Leave No Trace

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*The Leave No Trace Principles of outdoor ethics form the framework of Leave No Trace's message:*

- 1. Plan Ahead and Prepare**
  - 2. Travel and Camp on Durable Surfaces**
  - 3. Dispose of Waste Properly**
  - 4. Leave What You Find**
  - 5. Minimize Campfire Impacts**
  - 6. Respect Wildlife**
  - 7. Be Considerate of Other Visitors**
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- ***Plan Ahead and Prepare***
  - ***Know the regulations and special concerns for the area you'll visit.***
  - ***Prepare for extreme weather, hazards, and emergencies.***
  - ***Schedule your trip to avoid times of high use.***
  - ***Visit in small groups. Split larger parties into groups of 4-6.***
  - ***Repackage food to minimize waste.***
  - ***Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.***
- ***Travel and Camp on Durable Surfaces***
  - ***Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.***
  - ***Protect riparian areas by camping at least 200 feet from lakes and streams.***
  - ***Good campsites are found, not made. Altering a site is not necessary.***
    - In popular areas:***
      - ***Concentrate use on existing trails and campsites.***
      - ***Walk single file in the middle of the trail, even when wet or muddy.***
      - ***Keep campsites small. Focus activity in areas where vegetation is absent.***
    - In pristine areas***
      - ***Disperse use to prevent the creation of campsites and trails.***
      - ***Avoid places where impacts are just beginning.***

- ***Dispose of Waste Properly***
    - ***Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food, and litter.***
    - ***Deposit solid human waste in catholes dug 6 to 8 inches deep at least 200 feet from water, camp, and trails. Cover and disguise the cathole when finished.***
    - ***Pack out toilet paper and hygiene products.***
    - ***To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.***
  - ***Leave What You Find***
    - ***Preserve the past: examine, but do not touch, cultural or historic structures and artifacts.***
    - ***Leave rocks, plants and other natural objects as you find them.***
    - ***Avoid introducing or transporting non-native species.***
    - ***Do not build structures, furniture, or dig trenches.***
  - ***Minimize Campfire Impacts***
    - ***Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.***
    - ***Where fires are permitted, use established fire rings, fire pans, or mound fires.***
    - ***Keep fires small. Only use sticks from the ground that can be broken by hand.***
    - ***Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.***
  - ***Respect Wildlife***
    - ***Observe wildlife from a distance. Do not follow or approach them.***
    - ***Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.***
    - ***Protect wildlife and your food by storing rations and trash securely.***
    - ***Control pets at all times, or leave them at home.***
    - ***Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.***
  - ***Be Considerate of Other Visitors***
    - ***Respect other visitors and protect the quality of their experience.***
    - ***Be courteous. Yield to other users on the trail.***
    - ***Step to the downhill side of the trail when encountering pack stock.***
    - ***Take breaks and camp away from trails and other visitors.***
    - ***Let nature's sounds prevail. Avoid loud voices and noises.***
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